

The Golf Grip-top hand

Early in the year one usually struggles with one's grip. We will start with the basics in the first couple of weeks on the tips to help you get the rust off your game.

Most of you struggle with a HUGE slice or that dreaded left to right shot for the right-handed golfer. Many of you have too much of the grip in your palm. For a right-handed golfer, one must, must have the grip more in the fingers of one's top or left hand. This is why many of you struggle with the SLICE.

Take a hammer and grip it. You will notice that the heel or fat pad is on top of the hammer. The hammer is also more in your fingers. This allows you to hinge your wrist naturally with more POWER. Now put that same hammer in the palm of your hand. Now try to hinge or hammer. It is pretty hard to almost impossible to hammer as in it feels unnatural. Now imagine trying to hit a golf ball with this grip holding a golf club--that's right--good luck. No power and the big slice.

Now grab the golf club in your top or left hand like you did the hammer. It should be more in your fingers, fatty pad or heel pad on top. Feel the power and how natural that really feels. That is your top hand position.

Winter is hanging on so try your top-hand grip each day as you watch basketball, NASCAR, golf or Duck Dynasty. Keep a golf club by your favorite chair and each night grip and re-grip the club 30 times. Set the club down, take a sip of your favorite toddy, laugh at Si or cheer your favorite team, repeat.

Next week we will talk about the bottom hand and its position.

Any questions, feel free to stop by and see Greg, Norm or Scott. Or go to our websites at g3golf.com or gregmasonpga.com.

Correct way with the Hammer

Incorrect way with the hammer

Fingers – easy to hammer

Palm – hard to hammer and hard to golf

